

**WHAT IS CLAIMED IS:**

1. A method of coating cooking utensils by thermal spraying, comprising:

adding plastic particles and oxide particles to a spraying jet; and

forming a coating layer; wherein

the plastic particles and oxide particles are added separately to the spraying jet at a distance from each other along a spraying direction,

the plastic particles are added at a location that is farther away from a spraying nozzle than the location for adding the oxide particles,

the coating layer is formed in a single operation, and

said step of forming a coating layer comprises forming said coating layer with a fraction of plastic material therein increasing from the body of the cooking utensil toward a surface of the coating layer.

2. A method according to Claim 1, wherein the fraction of plastic material contained in the coating layer increases continuously from the body of the cooking utensil to the surface of the coating layer.

3. A method according to Claim 1, wherein the fraction of plastic material in the coating layer increases abruptly one or more times between the body of the cooking utensil and the surface of the coating layer.

4. A method according to Claim 1, wherein the plastic particles comprise up to 80% by volume of a total volume of particles in the spraying jet.

5. A method according to Claim 1, wherein the plastic particles comprise between 10% and 70% by volume of a total volume of particles in the spraying jet.

6. A method according to Claim 1, wherein the plastic particles comprise between 30% and 60% by volume of a total volume of particles in the spraying jet.

7. A method according to Claim 1, wherein the coating layer is formed by plasma spraying or high-speed flame spraying.

8. A method according to Claim 1, wherein adding plastic particles and oxide particles to the spraying jet comprises

adding the plastic particles to the spraying jet at a first location wherein the thermal energy in the spraying jet will only start to melt the plastic particles;

adding the oxide particles to the spraying jet at a second location where the spraying jet has a higher thermal energy.

9. A method according to one of Claim 1, wherein the plastic particles and oxide particles are added to the spraying jet at an angle between 30° and 150° relative to the spraying direction.

10. A method according to Claim 1, wherein the oxide particles comprise  $\text{Al}_2\text{O}_3$  or  $\text{Al}_2\text{O}_2\text{TiO}_2$ .

11. A method according to Claim 1, wherein the spraying jet comprises a gas selected from the group consisting of propane, propene, ethylene, acetylene, hydrogen, oxygen, and inert gases.

12. A method according to Claims 1, wherein the plastic particles comprise PTFE.

13. A cooking utensil having a thermally sprayed, scratch-resistant non-stick coating made of a plastic material and oxides, the plastic material comprising a fraction of up to 80% by volume of a total quantity of the non-stick coating, wherein the coating is sprayed on in one operation, wherein the fraction of the plastic material increases in a steady or sudden manner between the body of the cooking utensil and the surface of the coating layer, and wherein only the uppermost layer reaches a plastic fraction of up to 80% by volume in the coating.

14. A cooking utensil according to Claim 13, wherein the coating is applied by plasma spraying or high-speed flame spraying.

15. A cooking utensil according to Claim 13, wherein the body of the cooking utensil comprises a metal selected from the group consisting of aluminum, aluminum alloys, cast iron or special steel.